

Natural Spa from Scratch Workshop

Thursday, February 12 from 11:00am – 3:30pm at Spring Mill State Park

Don't let that winter weather wear you out...

We'll help you create the ingredients for an afternoon of relaxation and rejuvenation!

Using herbs and other natural ingredients, you'll make a facial cream, bath salts, bubble bath, milk bath, body scrub, facial scrub, herbal tea wrap, and lip balm...
...and then assemble them all in a decorative basket.

You'll discover why natural ingredients are such a good choice for your body – and learn the specific properties of the herbs and other items in the spa recipes we use.

We'll also take a break to enjoy a buffet lunch in the Millstone Dining Room.

Workshop is limited to just 12 people! Cost is \$25 per person and includes the buffet lunch.

Pre-registration is required to the Spring Mill Inn (812-849-4081) by February 6.

Workshop takes place in the Elm Room of the Spring Mill Inn.